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Music First

'Shocking animal cruelty'

Hidden-camera video taken at two Alta. farms appears to show hens in tiny cages and chicks being smashed **PAGE 8**

Looking for love in all the online places

Good news! You don't have to pretend you met in a library! **PAGE 18**

TEEN STABBING

15-YEAR-OLD SUSTAINED SERIOUS INJURIES NEAR COLE HARBOUR HIGH SCHOOL **PAGE 3**



HOMETOWN BOYS FACE OFF

Pittsburgh Penguins' Sidney Crosby is defended by Colorado Avalanche's Nathan MacKinnon in the second period of NHL action on Monday night in Pittsburgh. The game was the first head-to-head meeting between the two Cole Harbour hockey stars, with MacKinnon's Avalanche coming out on top over Crosby's Penguins 1-0. Story, page 21. GENE J. PUSKAR/THE ASSOCIATED PRESS

Halifax is ready to 'pop!'

Pop Explosion. Music festival launches this week, featuring more than 200 bands over five days

GEORDON OMAND
halifax@metronews.ca

One of Maritime Canada's biggest annual music festivals is back and geared up to explode onto the Halifax music scene.

Over the next five days more than 200 bands will descend on the city for Halifax Pop Explosion 2013.

"It's legendary," said Trevor Murphy, host of CKDU's Halifax is Burning music show and self-described dedicated Pop Explosion fan.

Murphy is also a board member and a performer in this year's festival.

"Pop Explosion is a taste-maker kind of festival on the

culsp of breaking new bands," he said. "We get to see hundreds of bands descend on Halifax and put them together with our local musicians — it's pretty epic."

This year's out-of-town headliners include Japandroids, The Walkmen and Chad VanGaal, while celebrated locals like Joel Plaskett and Mo Kenney will also be on-hand to entertain some of the more than 22,000 expected fans.

"Every year we have bands that, in two years' time, will be household names," said Jonny Stevens, the festival's executive director.

It's been 21 years since the inaugural Pop Explosion and 2013 is the festival's 13th consecutive year as a non-profit event.

Beyond the music, Pop Explosion also features a music conference and, for its second year, a live comedy series.

"The thing not to miss is the entire experience," said

Stevens. "There's this whole community thing that comes together during Pop Explosion; there's an electric vibe that takes over the city."

He said he is especially excited about this year's two free, family-friendly concerts taking place Friday and Saturday afternoon on the Grand Parade.

"I think it showcases the best that Halifax can be," said Stevens.

"It's a good excuse to bring people together for a party," said Murphy. "Who doesn't like a good party?"

For more information on the festival visit halifaxpop-explosion.com.

On the web

Visit metronews.ca to find out what new features festival organizers have planned for this year's Halifax Pop Explosion.



Lower Water Street to
water hazard in 15 minutes.

Brunello's 18-hole Tom McBroom golf course is shaping up rather nicely.

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* Yes, our birthday is October 23rd. And yes, it's kind of a big deal for us. \$137 refers to flights from Halifax to St. John's. Special one-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services. Other fares apply to other destinations. Book by 11:59 pm Eastern Time October 24, 2013. Travel by December 15, 2013. Up to 21 day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

Investigation

Cops search Basin for murder clues

Police divers are searching a section of the Bedford Basin for clues in the homicide of a 24-year-old man.

Passersby found the body of Matthew Sudds a week ago near Africville Park. He had been shot.

Halifax Regional Police Const. Pierre Bourdages said the search, which began Monday morning, is part of the ongoing investigation and wasn't prompted by a tip. **METRO**

Cole Harbour

Teen in hospital after altercation

A teenager is in hospital with serious injuries after an apparent stabbing in Cole Harbour.

Halifax RCMP Cpl. Scott MacRae said a disturbance was reported on a pathway near Cole Harbour High School around 2 p.m. Monday.

"Early reports are that a group had gathered," said MacRae. "Two males may have been involved in an altercation ... a 15-year-old youth was injured, believed to be stabbed." **METRO**



RCMP officers gather evidence at the scene of a stabbing in Cole Harbour Monday. **JEFF HARPER/METRO**



The Canada Games Centre in Clayton Park was paid for under HRM's general tax rate. Coun. Barry Dalrymple would like to see rural community facilities receive the same treatment, and not be covered by high area rates. **METRO FILE**

New tax framework could bring 'harmony': Coun.

Past motions. Staff report recommends moving cost of all municipal services from area rates to general tax base



HALEY RYAN
haley.ryan@metronews.ca

A report recommending changes to the current area rate structure could bring "harmony" to HRM, said one councillor.

Regional council's committee of the whole will debate the report Tuesday. It includes

staff recommendations on several motions passed by council recently, ranging from changing area rates to aligning taxation zones to match actual services.

"It'll be a very good discussion, no question," said Fall River Coun. Barry Dalrymple.

The report proposes a new framework under which all municipal services would be covered by the general tax rate.

Exceptions for an area rate would be where a "significant minority of taxpayers" had no access to the service, or had access to a service unavailable elsewhere.

Most HRM services are already covered by the general rate, but Dalrymple said rural

Quoted

"It's the proper way to go."

Coun. Barry Dalrymple, on the new tax framework

areas like Fall River carry high area rates for certain local facilities — which he says isn't fair.

"It's very hard to justify why residents here paying area rates and those around the Canada Games Centre are not," Dalrymple said.

Projects like the Canada Games Centre and Emera Oval are covered by the general rate because they are located in an urban area.

Coun. Bill Karsten said he also normally opposes area rates, saying if it's worth building, it's worth building for everyone.

"Isn't that what we do in a family, by and large? We don't just say, 'You pay for this, you pay for this,'" Karsten said.

Karsten said he often hears from residents in Eastern Passage who feel like they have to pay "over and above" their regular taxes for any facilities they want.

He said there's a lingering perception from pre-amalgamation days that rural residents often get the short end of the stick. "I believe this will be a move to bring a little more harmony and equality to the municipality," Karsten said.

1 NEWS

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James Keats. Paramedic accused of sexual assault released with conditions

A Nova Scotia paramedic accused of assaulting six women under his care has been released from custody on a surety with several conditions, and will be on house arrest while his case is before the courts.

James Duncan Keats of Kentville appeared in Halifax provincial court Monday to face four charges of sexual assault and breach of trust after being arrested Thursday.

Police say the alleged incidents occurred between Dec. 20, 2010, and April 21, 2013, and involve four women ranging from 24 to 64 years of age.

The alleged offences all occurred while patients were being transported in an ambulance from Windsor, Fall River and Lower Sackville to the hospital.

Keats currently has three



James Duncan Keats METRO FILE

prior charges of sexual assault and breach of trust before the courts. He is now on paid leave from EHS.

Keats was released Monday on a \$20,000 surety, according to media reports.

Chris Hansen, spokesperson for the public prosecution service, said he is under multiple conditions including having no contact with the alleged victims or owning a firearm.

Keats is scheduled to return to court Nov. 5. **HALEY RYAN/METRO**



Ooooooh, pretty

Halifax residents enjoy a lunchtime walk through the beautiful fall colours at Public Gardens on Monday. Showers are expected to move in to the area Tuesday evening and linger until Friday. **JEFF HARPER/METRO**

Percy Street

Woman threatened with knife in robbery attempt

Halifax police are looking for two men after a woman was threatened with a knife during an attempted robbery Sunday night.

A 29-year-old woman was walking on Percy Street around 9:45 p.m. when two men approached her.

Police say one of the suspects took out a knife and demanded the victim's cell phone. Several people in the area noticed what was happening and yelled at the suspects, who fled empty-handed.

The victim wasn't hurt.

METRO

Burnside

Two men face charges after jail fight

Two men are facing charges after a serious assault at the Central Nova Scotia Correctional Facility in Burnside.

Police say a 37-year-old male inmate was attacked by two other inmates inside the jail around 9 p.m. Sunday.

The victim was hospitalized with serious but non-life-threatening injuries.

Both suspects were arrested at the scene. A 22-year-old New Minas man and a 19-year-old Dartmouth man are charged with one count each of aggravated assault, and breach of a court order.

METRO

Local love from Atlantic Canadians

Small Business Week. Survey suggests East Coasters are among country's most conscientious shoppers

Quoted

"When you buy a local product ... you actually create jobs in your economy."

Pierre Cl  roux, economist, BDC

Atlantic Canadians are more particular about buying local than any other region in the country, a new survey says.

The Business Development Bank of Canada (BDC) released a report Monday showing nearly half of people in the Atlantic region (45 per cent) consider buying local products as a factor in their shopping.

"It's a very positive trend

because the more we buy locally, the more we support our community," said Pierre Cl  roux, chief economist for BDC. "They want to make sure when they buy a product, it has an impact on the economy."

British Columbia scored the second highest for considering local at 43 per cent, above the national average of 39 per cent.

Atlantic Canadians were also most likely to consider

the health benefits of a product, with 54 per cent saying that's a factor in their shopping. The national average was 49 per cent.

To capitalize on the local movement, Cl  roux said Atlantic businesses should offer and promote more local products to consumers, like Nova Scotia wine, seafood or produce.

"It's a great way to have

more local content. That's what people are looking for," Cl  roux said.

To step up awareness around local products, Cl  roux said it could also be helpful to put labels on certain products to let people know they're "100 per cent" Canadian or Nova Scotian.

He said it's also important to give a consumer the choice of a local product over an international one, "even if sometimes the local product is a different price."

The research was gathered in a national web survey of 1023 respondents, 18 years and older, from July 31 to Aug. 5. **HALEY RYAN/METRO**

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CITY (A/T): 10.4L/100KM

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ALL-WHEEL
DRIVE

7 PASSENGER
SEATING
AVAILABLE

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AT
0%
APR

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CITY (A/T): 9.7L/100KM

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ALL-WHEEL
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\$123[≠]
BI-WEEKLY

AT
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2013 OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

OWN IT FROM
\$122[≠]
BI-WEEKLY

AT
0%
APR

\$1,000 EXISTING
DISCOUNT

INCLUDES
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Muskrat Falls, on the Churchill River in Labrador, is shown in a February 2011 file photo. THE CANADIAN PRESS

Emera reaches deal to proceed with Maritime Link

Muskrat Falls. Deal with N.L.-based Nalcor is still subject to UARB approval

Four years away

2017

The projected date for power to begin flowing from Muskrat Falls.

Nova Scotia energy company Emera filed a proposal Monday that it says satisfies all conditions of a regulatory decision that tentatively sanctioned construction of the company's \$1.5-billion Maritime Link.

Newfoundland and Labrador's Crown-owned utility, Nalcor Energy, has a 35-year deal with Emera to supply Nova Scotia with 20 per cent of the energy from Muskrat Falls in exchange for paying 20 per cent of the costs of the \$7.7-billion project.

However, opponents of the deal have questioned how much it would cost Emera to buy energy in excess of the 20-per-cent block.

In July, the Nova Scotia Utility and Review Board said Emera would have to ensure that Nova Scotians had access to the best price for surplus electricity based on market conditions.

Newfoundland and Labrador Premier Kathy Dunderdale has said her government is will-

ing to sell surplus electricity to Nova Scotia unless the power is needed in Labrador.

But critics said that commitment had to be put in writing.

Chris Huskison, president and CEO of Emera, issued a statement Monday saying the company has met that key condition through a commercial agreement with Nalcor.

According to Emera's filing with the board, the so-called Energy Access Agreement "provides commercial assurance that (Emera) will be the first potential Nalcor customer to have access to market-priced energy that Nalcor has available for export."

The agreement is subject to the board's approval.

THE CANADIAN PRESS

Union courts Nova Scotia Power employees

Union workers are reaching out to Nova Scotia Power employees in Halifax as the provincial power provider considers outsourcing jobs to deal with millions in budget cuts.

Representatives from the International Brotherhood of Electrical Workers Local 1928 staged an information picket outside the power company's Lower Water Street office Monday morning.

"This is just to give people ... an opportunity to get more information and to make decisions for themselves about what they want to do," said An-

Cuts

\$27.5M

The amount Nova Scotia Power needs to cut according to a two-year plan signed in 2012



Members of the International Brotherhood of Electrical Workers Local 1928, the union that represents workers at Nova Scotia Power, hold an information picket outside the company's head office, Monday. JEFF HARPER/METRO

drea McQuillin, assistant business manager for IBEW Local 1928.

McQuillin said IBEW had been approached by the building's call centre and billing administration employees interested in joining the union.

IBEW currently represents about 850 NSP workers across the province, but McQuil-

lin said there are no unionized work groups inside the Lower Water Street headquarters.

NSP announced last week it intends to explore the possibility of outsourcing jobs to cut costs. But McQuillin said Monday's action is unrelated and was planned before NSP's cost-reduction announcement.

GEORDON OMAND/FOR METRO

Canada-EU

C.B. port will benefit from trade deal: Mayor

Cecil Clarke, the mayor of the Cape Breton Regional Municipality, says the port of Sydney stands to benefit from the trade deal Prime Minister Stephen Harper has signed with the European Union. He says Sydney's ideally positioned, deepwater port puts it at an advantage in trading with Europe. THE CANADIAN PRESS

Spring 2014

Gordon Lightfoot coming to Halifax

There's no sundown on Gordon Lightfoot's career just yet, with the announcement the iconic Canadian singer will launch a cross-country tour next spring.

Lightfoot is coming to the Atlantic provinces in the spring of 2014, with a stop scheduled in Halifax.

Ticket prices range from \$29.50 to \$99.50 plus tax, and go on sale Nov. 1. METRO

Valley riding

Tory win confirmed after vote recount

A judicial recount of votes cast in the riding of Kings North has confirmed a slim victory by the Progressive Conservative candidate.

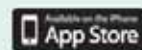
Elections Nova Scotia says John Lohr won the riding by 21 votes, 11 fewer than previously thought after the Oct. 8 election. The Liberals won 33 of the legislature's 51 seats, with the PCs winning 11 and the NDP 7. THE CANADIAN PRESS

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Homemade. Prospect of easily made 3D-printed guns a worry for the feds

The federal Public Safety Department is worried about the emergence of 3D printers that can easily manufacture guns without any kind of licensing control.

The department is commissioning a study that will look at the advent of 3D technology and the feasibility of crafting firearms, parts and ammunition.

In May, the U.S. government made headlines when it ordered a Texas-based website to remove blueprints for using a 3D printer to make a handgun.

Canada's Public Safety Department recently issued a call for a contractor to carry out the



3D printers that can make guns raise fears. TORSTAR NEWS SERVICE FILE

study.

Legal possession of a firearm in Canada requires a licence and, in the case of handguns and restricted guns, a registration certificate.

THE CANADIAN PRESS

Study. Most samples of human breast milk sold online contained bacteria

Human breast milk is sold for babies on several online sites for a few dollars an ounce, but a new study says be careful: Testing showed it can contain potentially dangerous bacteria including salmonella.

The warning comes from U.S. researchers who bought and tested 101 breast-milk samples sold by women on one popular site, which over the weekend said it was making changes to its policies. Three-fourths of the samples contained high amounts of

Buyer beware!

"Just imagine if the donor happens to be a drug user. You don't know."

Dr. Kenneth Boyer

bacteria that could potentially sicken babies, the researchers found. The results are "pretty scary," said Dr. Kenneth Boyer, a pediatrician in Chicago. Infants have gotten sick from strangers' milk.

THE ASSOCIATED PRESS

Cruelty alleged at two chicken farms in Alta.

Mercy for Animals.

Rights group calling for McDonald's not to use eggs from confined hens

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part, says it gets no eggs from those farms or from Alberta.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week. It shows hens crowded in battery cages, and chicks being violently smashed by workers and thrown into garbage bags.

"They're so crammed inside those cages they can't spread their wings, they can't walk, they can't turn around, they can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy for Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage



19-week-old chickens transported to Ku-Ku Farms. Video filmed by Mercy for Animals Canada. HANDOUT/THE CANADIAN PRESS

was taken by an undercover investigator who was hired as a farm worker by Ku-Ku Farms and Creekside Grove Farms for 10 weeks.

The owner of Ku-Ku Farms and Creekside Grove Farms refused an interview with W5. While Perrais said the provocative video does not address the quality of the eggs or food safety, his organization is calling for McDonald's to ban its egg suppliers from using hens that are confined.

THE CANADIAN PRESS

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

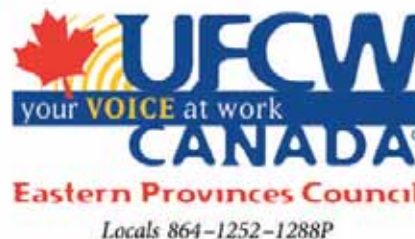
- "What we did see, and what I was exposed to on W5, was certainly very alarming and disappoint-

ing to me as an egg producer," said organization chairman Peter Clarke.

- Egg Farmers of Canada is investigating the video to make sure it is authentic, Clarke said.
- It has also launched an investigation of the two Alberta farms.

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NSA. U.S. surveillance of 70 million phone calls 'unacceptable': France

U.S. President Barack Obama called French President Francois Hollande on Monday and discussed France's anger over reported aggressive surveillance tactics by the National Security Agency.

The call comes after a French newspaper said the NSA swept up 70.3 million French phone records in a 30-day period. France has summoned the U.S. ambassador to explain and called the practice "totally unacceptable."

The White House said some recent disclosures about the NSA have been distorted but that some raise legitimate questions for U.S. allies about how America's intelligence capabilities are used.

Obama told the French president that the U.S. is reviewing its intelligence-gathering to ensure a balance between security and privacy. The White House says both presidents agreed they should continue diplomatic discussions about the issue.

THE ASSOCIATED PRESS



U.S. Ambassador to France Charles H. Rivkin in Paris on Monday.
CLAUDE PARIS/THE ASSOCIATED PRESS

Reasonable tactics?

"Protecting the security of our citizens in today's world is a very complicated, very challenging task."

U.S. Secretary of State John Kerry, who added that he would discuss privacy issues with the officials of all concerned countries

Greek cops release photos of alleged child abductors

Four-year-old 'Maria.'
Charges laid against Roma couple as search for parents continues

Greek police on Monday released photographs of a couple charged with abducting a girl and judicial authorities put the pair in pre-trial custody, as an international search for the child's biological parents intensified. Authorities also scrambled to uncover fraudulent birth declarations related to possible welfare benefit scams involving the couple and others.

Investigators trying to establish how the girl known only as "Maria" came to be with the detained Gypsy couple are considering a range of potential scenarios, from child trafficking to even simple charity.

The suspects were also identified as 39-year-old Christos Salis and a 40-year-old



Forty-year-old Selini Sali, a.k.a. Eleftheria Dimopoulou, and 39-year-old Christos Salis sit with a four-year-old girl reportedly named Maria, who was found living with the Roma couple in central Greece on Monday. HELLENIC POLICE/GETTY IMAGES

woman who used the names Eleftheria Dimopoulou and Selini Sali. They were arrested last week, after police found the girl when they raided a Gypsy, or Roma, encampment near the Greek town of Farsala. Her DNA shows she is not the couple's child.

Authorities allege Dimopou-

lou claimed to have given birth to six children in less than 10 months, and 10 of the 14 children the couple had registered as their own are unaccounted for. It is not clear whether the 10 children are real or were made up to cheat the Greek welfare system.

The couple has given con-

flicting accounts of how they came to have the girl, according to police. A defence lawyer has said they were motivated by charity, after being approached by an intermediary for a destitute foreign mother who reportedly could not afford to raise the child.

THE ASSOCIATED PRESS

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Egypt's Christians mourn four dead after Cairo church shooting



An Egyptian woman weeps Monday during the funeral of several Coptic Christians who were killed when gunmen sprayed a wedding party outside a Cairo church late Sunday. KHALIL HAMRA/THE ASSOCIATED PRESS

Religious conflict.

Family members shot outside Coptic church, in latest attack blamed on Islamic militants

The elderly, silver-haired Christian man could hardly speak Monday, sitting stunned in a church where the evening before, suspected Islamic militants on a motorcycle sprayed his family's wedding party with automatic-weapon fire, killing his son, his wife's sister and two granddaughters aged 8 and 12.

"It's God's will. They are always beating us down. Every other day now, they do this," the 75-year-old Fahmy Azer Abboud said as he waited for their funeral to start.

He spoke haltingly of his dead granddaughters, both

In mourning

"They were pure angels. They had the world's kindness inside them."

Fahmy Azer Abboud, grandfather of girls killed in Sunday's church shooting

named Mariam.

"They were pure angels. They had the world's kindness inside them. They helped me and shared with me everything they had," Abboud said.

The girls were waiting to enter the Church of the Virgin Mary in Cairo's Warraq district for the wedding of another of Abboud's granddaughters when the gunmen struck about 9 p.m. Sunday. The wounded included seven relatives, with his other son, Nabil, among them, he said.

Witnesses said a car blocked traffic outside the

Coptic church minutes before the shooting, allowing the gunmen on the motorcycle the space they needed and giving them an easy getaway.

The shooting deepened panic among Egypt's minority Coptic Christians, already the target of centuries of discrimination by the Muslim majority. It also raised fears that an insurgency by Islamic extremists may be shifting from rural areas to the capital.

The violence by Islamic radicals has risen since the military deposed President Mohammed Morsi in July and cracked down on his Muslim Brotherhood and its allies.

The attacks have targeted mainly security forces and Christians, whom the Islamists blame because of their strong support of Morsi's ouster. THE ASSOCIATED PRESS

Smog in China. 'I realized it wasn't snow. I have not seen the sun for a long time'

Visibility shrank to less than half a football field and small-particle pollution soared to a record 40 times higher than an international safety standard in the northern Chinese city of Harbin, as the region entered its high-smog season.

Winter typically brings the worst air pollution to northern China because of a combination of weather conditions and an increase in the burning of coal for homes and municipal heating systems, which usually starts on a specific date. Harbin's heating systems kicked in on Sunday, and on Monday visibility there was less than 50 metres, ac-

cording to state media.

"I couldn't see anything outside the window of my apartment, and I thought it was snowing," said Wu Kai, 33, a housewife and mother in Harbin. "Then I realized it wasn't snow. I have not seen the sun for a long time."

The density of fine particulate matter, PM2.5, used as an indicator of air quality was well above 600 micrograms per cubic meter in Harbin, according to China's environmental protection agency. A safe level under WHO guidelines is 25 micrograms per cubic meter.

THE ASSOCIATED PRESS



A woman wearing a mask walks through dense smog in Harbin, China, Monday. Visibility shrank to less than half a football field. KYODO NEWS/THE ASSOCIATED PRESS

Vatican scandal

Pope meets with 'Bishop Bling' over \$44M reno

Pope Francis has met with a German bishop whose \$44-million building renovation has scandalized Germany.

Bishop Franz-Peter Tebartz-van Elst, dubbed "Bishop Bling" by local media, said the reno involved multiple projects and high costs due to historical building regulations. THE ASSOCIATED PRESS

Teenaged rebels

Missing Somali sisters believed bound for Syria

Norwegian police have issued international alerts for two teen sisters believed to have travelled to Syria to join the civil war.

The pair, aged 16 and 19, are Norwegian citizens of Somali origin and were spotted on the Turkish-Syrian border. They reportedly emailed their family Thursday, saying they were travelling to Syria to help Muslims "in any way we can." THE ASSOCIATED PRESS

The advertisement features a background image of a wooden boardwalk with colorful chalk drawings. The main text, written in large, stylized red and pink letters, reads "Help shape the Cunard lot into a whole lot more". Below this, a blue box contains the following text: "The Cunard Site, currently a parking lot between Bishop's Landing and the Nova Scotia Power building, will soon be developed into stunning and dynamic mixed-use architecture and public space. To make sure the final concept for the new public space reflects the desires of the people that will use it, Waterfront Development is proud to host the following public session. Get involved, and have your say!". The session details are listed in a white box: "OCTOBER 23, 6PM NOVA SCOTIA POWER, ATRIUM BOARDWALK LEVEL AT THE FOOT OF MORRIS STREET". The schedule includes: "6-7pm: Open house (kids welcome)", "7-8:30pm: Presentation and collaborative design workshop", and "8:30-9pm: Meet and mingle". A note states: "For those who can't attend, this session will also be live streamed at www.my-waterfront.ca". A small map on the right shows the "CUNARD SITE" between "BISHOP'S LANDING" and "NOVA SCOTIA POWER". At the bottom, the text "SHAPE LIFE AT THE EDGE" is displayed above a blue wave graphic. The "Waterfront Development" logo is on the left, and social media handles "@My_Waterfront" and "#ShapeMyWaterfront" are on the right, along with the website "For details visit my-waterfront.ca".

Lawyer: Duffy a victim of PMO's political plan

'Illegal procedures.'

Donald Bayne says his client was caught up in plan to 'sweep a political embarrassment ... under the rug'

Sen. Mike Duffy's lawyer says the Prime Minister's Office arranged to pay off his client's disallowed housing expense claims as part of an effort to hide a political embarrassment.

Donald Bayne says Nigel Wright, then the prime minister's chief of staff, told Duffy in an email last December that his

housing claims were legitimate.

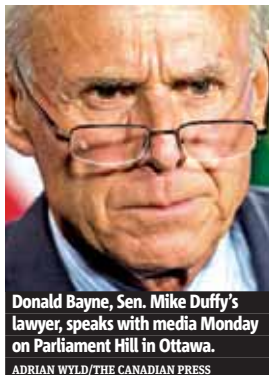
But by February, Wright was urging Duffy to accept a PMO plan that included lines for the media in order to defuse the whole expense situation.

Wright later personally paid \$90,000 to repay Duffy's expense claims, even though, Bayne said, Duffy felt he had done nothing wrong.

"It's a scenario, in Nigel Wright's own words, that was created for Sen. Duffy not because he had anything to hide or had made inappropriate claims, but because the PMO had decided that they wanted to sweep a political embarrassment to their Tory base under the rug," Bayne told a news conference Monday.

"They threatened Sen. Duffy with wholly unconstitutional and illegal procedures of throwing him out of the Senate without a hearing if he failed to go along with it."

Bayne said Duffy repeatedly checked to see if it was legitimate for him to claim expenses in



Donald Bayne, Sen. Mike Duffy's lawyer, speaks with media Monday on Parliament Hill in Ottawa.
ADRIAN WYLD/THE CANADIAN PRESS

relation to a primary residence in P.E.I. and was told it was fine.

Bayne also said Conservative senators who are backing a motion to suspend Duffy from the upper chamber without pay are acting like a mob that's demanding a sentence before a trial.

"We can't allow this kind of undemocratic process where the rule of law is being seized here for political reasons," he said. **THE CANADIAN PRESS**



'Hero' teacher dead in Nevada school shooting

A Sparks Middle School student cries after being released from Agnes Risley Elementary School, where some students were evacuated to after a shooting at his school in Sparks, Nev., on Monday. A middle school student opened fire with a semi-automatic handgun on campus just before the starting bell Monday, wounding two 12-year-old boys and killing a math teacher who was trying to protect children from their classmate. The shooter then killed himself with the gun after a rampage that occurred in front of 20 to 30 horrified students who had just returned to school from a weeklong fall break. **KEVIN CLIFFORD/THE ASSOCIATED PRESS**



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Ready to talk

BBM chat finally ready for iPhones and Androids

BlackBerry says its popular instant messaging service is now ready for Apple's iPhone and Android devices, following a technical glitch that delayed the launch by about a month. A company blog post published on Monday an-

nounced that BlackBerry Messenger would be available for free within hours on Apple, Google and select Samsung app stores. The company hopes BBM will become a revenue generator through advertising.

BBM allows real-time, secure text messages, without purchasing an SMS text package from a wireless carrier.

THE CANADIAN PRESS

Canada-Europe trade

Free trade deal needs public input: Critics

Federal ministers say the text of Canada's free trade agreement with Europe will be available within the next few months, but Canadians may not be able to vote on it before it gets ratified.

Trade Minister Ed Fast and Foreign Affairs Minister

John Baird suggest the agreement will likely be approved by Parliament before voters go to the polls in 2015 — but that it will get a full debate in the House of Commons.

NDP trade critic Don Davies said that plan is not sufficient, given that the EU deal is arguably the biggest Canada has negotiated — more sweeping than free trade with the U.S. or NAFTA — in terms of influ-





ence, and perhaps impact on the economy.

"Canadians have a right to be consulted in a meaningful way ... and in a way that allows us to inject some of that input into the agreement," said Davies.

Canadians got a chance to vote in a general election before ratification of two previous big trade accords — the deal with the U.S. in 1988 and NAFTA in 1993.

THE CANADIAN PRESS

Market Minute

	DOLLAR 97.08¢ (-0.06¢)
	TSX 13,186.53 (+50.44)
	OIL \$99.22 US (-\$1.59)
	GOLD \$1,315.80 US (+\$1.20)
Natural gas: \$3.66 US (-0.007¢)	
Dow Jones: 15,392.2 (-7.45)	

Team Canada wants ethical Olympic gear



Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold maple leaves behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transpar-

Where Games gear is made

- **Hudson's Bay Company:** consumer clothes made in China; 85 per cent of athletes' clothes made in Canada, remainder in China
- **Nike hockey jerseys:** player jerseys made in Canada; replicas in Indonesia
- **Adidas bobsled and skeleton gear:** made in Vietnam, China, Indonesia and Cambodia

ency," he said.

Smith said Hockey Canada staff plan to contact labour rights groups, as well as a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise comes amid increased scrutiny of the garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad. **TORSTAR NEWS SERVICE**

Social media. Facebook wants under-13 users

Some privacy advocates were rankled when Facebook announced changes to its policies last week that allow teens to post public updates that can be viewed by anyone in the world.

But Facebook has contemplated another rule change that could prove even more controversial.

Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under the age of 13, without violating laws in Canada and abroad.

In the U.S., the Children's

Online Privacy and Protection Act starts at 13. Despite this, plenty of young kids are using the site anyway, often with help from their parents.

"I think there are parents who make the decision that it's appropriate for their kids and we really encourage parents to have their kids wait until they're 13 and follow that guideline that we have," Colaco said.

A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users. **THE CANADIAN PRESS**



Facebook is now allowing teenagers to share their posts on the social network with anyone on the Internet. JUSTIN SULLIVAN/GETTY IMAGES

Cutting carbs? Maple Leaf may sell Canada Bread

Baking time

2015

The anticipated sale of Canada's largest bakery business is part a multi-year restructuring effort, which Maple Leaf expects to complete in 2015.

eri pastas would find themselves in the hands of a new owner.

Canada Bread has also been downsizing. It announced in January that it would shut two factories with 121 jobs total. **THE CANADIAN PRESS**

From the athletes

'Athletes should not be competing in uniforms that exploit people'

Former Canadian Olympian Bruce Kidd wants to make the shadowy world of Olympic garment production more transparent.

Kidd is concerned the Canadian Olympic Committee's (COC) ethical sourcing policy, disclosing where items are made, is not publicly available.

"(Factory disclosure) shows that there is nothing to hide in the production line and enables independent monitoring. Olympic athletes represent the best values of youth and competition and athletes should not be competing or marching in uniforms that exploit people," he said.

Olympian Clara Hughes said that while she hasn't

asked about the COC's current policy, she expects it to have an aggressive ethical sourcing code.

"There should be something very transparent in place that's followed so you would never see a Canadian Olympic athlete competing or wearing anything that's made in that manner," Hughes said.

The COC's current policy, which does not appear on its website, requires that its partners monitor the garment factories it hires for rights violations. **TORSTAR NEWS SERVICE**



Olympian Clara Hughes says athletes should wear ethically sourced gear. **TORSTAR NEWS SERVICE**

LIVING SOLO NO LONGER FOR SPINSTERS

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, mu-



SHE SAYS
Jessica Napier
metronews.ca

seums — and through social-media platforms.

In the new CBC documentary *Flying Solo*, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be “me time” all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: “To go to bed and get up on your

clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone.”

Of course, flying solo does have its downsides. Single-in-

come households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear-family model in the process.

“As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself,” says Harper. “I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over.”

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Face it: 11 acres makes for a large portrait



COURTESY JORGE RODRIGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It spans 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro. The artist, who currently lives in Spain, added: “Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible.”

Artist's viewpoint



“Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound.”

Jorge Rodríguez-Gerada,
47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. “Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging,” he said.

“What I didn't expect was the community's response,” the artist added. “People from both sides of the political spectrum were supportive and united to create something universal.”

METRO

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.



The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take

the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk-radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.

Twitter

@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I

wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in *The Escape Plan* — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE
Metro World News in New York



John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, *The Shootist* — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

5

Old guys ready for action



Roger Moore (A View to a Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.



Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in *42* and *Ender's Game*. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.



Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting *Death Wish* pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (*10 to Midnight*). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.



Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was *In the Line of Fire* in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

Cults likes to keep the band Static

No new players.

While it might make sense to expand the band for a bigger sound, Cults likes the DIY approach

PAT
HEALY
Metro World News in Boston

When a musical project that begins as one or two people becomes Internet famous, small

groups are often forced to expand so that all of the sounds that very few people took part in recording can be fully realized for the live show.

And just as often, the people who made up the core of the band just accept the touring musicians into the lineup for the second album. But Cults guitarist and singer Brian Oblivion says he and singer Madeline Follin felt no such temptation to bring any additional help into the creative process.

"I think I'm better with the complexities of put-

ting together the keyboard part than the complexities of dealing with a keyboardist personality," says Oblivion.

"I think that's the problem with me; I have a hard time dealing with other people."

This uneasy edge casts a shadow over the poppy 1960s sound on Cults' new album, *Static*.

The album picks up where the band's 2011 self-titled debut left off.

The sound is richer, but it doesn't sacrifice the intimacy or weirdness of two people hav-

ing fun making music, regardless if they find success doing it or not.

"We make these records for ourselves and we do hope that people will take them in and enjoy them," says the guitarist, "but we don't really stress out if they don't."

"It's not like we have our hopes and dreams and life and everything tied up in being a rock star."

That said, a guy who calls himself Brian Oblivion could probably come up with a moment or two where he engaged

in traditional "rock star" dalliances after touring the world with Cults, right?

"I think doing bath salts in Japan," he says, sounding almost embarrassed.

"There was a moment where after being up for 16 hours, I was sitting in the middle of Shibuya Crossing and I didn't know where I was and I started crying and laughing hysterically and then crying again, while these Japanese people were crowding around me. I was like, 'Oh this is too much.'"

Wood and Philipps got Busy on the same day

It turns out A Case of You co-stars Busy Philipps and Evan Rachel Wood had a lot more in common on the set of their romantic comedy than they thought. During a Q&A panel following a screening of the film, the stars discovered they got started making their new babies the very same day, according to People magazine. "I got

pregnant Oct. 10," Philipps revealed, to which Wood chimed in, "Oh my God! I swear to God that's the day that I got pregnant," which prompted a spirited, "Shut up!" from Philipps. Philipps welcomed her second daughter, Cricket, on July 2, while Wood gave birth to her first son with husband Jamie Bell on July 20.



Busy Philipps



Evan Rachel Wood



Marilyn Manson. ALL PHOTOS GETTY IMAGES

Mickey and Manson? We're all stars now, in the Disney show

Marilyn Manson is teaming up with ... Disney? Shock rocker of our '90s hearts, Marilyn Manson, will be joining the cast of the Disney/ABC show Once Upon a Time, reports Rolling Stone. The singer will be voicing the character of Shadow.

"We've always been enormous fans of Marilyn Manson," show creators and executive producers Eddy Kitsis and Adam Horowitz told

the magazine. "We wanted to remember the '90s, let me tell you: With his references to satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show. God bless America.

For those of us old enough to remember the '90s, let me tell you: With his references to satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show. God bless America.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Is the industry's most controversial photog about to be out of work?

ALICE TATE

Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a petition on Change just over a week ago, titled, Vogue, H&M, Mango, Supreme, and all other

brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm' and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"



Ashley Judd

Judd and estranged hubby may be giving it another shot

Ashley Judd has reportedly had a change of heart and is giving her marriage to race car driver Dario Franchitti another go, according to Us Weekly. Franchitti is recovering from a scary on-the-job crash that left him with a broken ankle and two fractured vertebrae — and injured 14 other individuals — and Judd is said to have rushed to his side after the crash. "They are going to give it another try after he recovers," a source says. "His accident made her realize how much she loves him."

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Originally from Cape Breton, 5 year old Milly is known as a 'sweetie-pie'. She's friendly, polite & laid-back with everyone she meets. While she's content to relax at your feet, Milly loves to play outside with her toys. She enjoys walks and is well-behaved on leash.

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What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

METRO

Before your workout, eat:

Bananas

For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.



Raisins

A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons.



Pomegranate juice

Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.



Green tea

This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.



If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich

Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up.



Yogurt

Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.



Tart cherries

A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.



A green smoothie

A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.



3
TIPS

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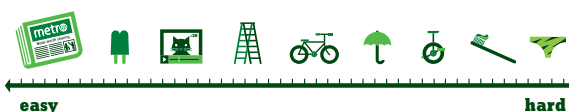
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Sharability



Chicken Quinoa 'Mac and Cheese': Healthy comfort food



ROSE REISMAN
For more, visit
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Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock,



This recipe serves six. ROSE REISMAN

flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until

smooth.

5. Pour over quinoa and mix.

6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese
- Sauce**
- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- Topping**
- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

is browned.

Health Solutions

Oats are more than porridge



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

As the weather cools, we start to crave mushy, warm comfort food.

It's only natural and nothing is more natural than oats.

Oats are grown in Canada, used by Canadians and exported around the world.

They are loaded with cholesterol lowering fibre and a significant source of minerals that may otherwise be missing from your diet.

Don't just settle for porridge, though, add oats in a multitude of ways.

- Whirl rolled oats in a blender and use the powder in place of bread

crumbs in burgers, meatballs and meat loaves.

- Use the same ground oats in smoothies and shakes.

- Bake traditional Scottish oatcakes instead of oatmeal cookies.

- Use a paste of warm oats as a skin soothing face mask.

- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



More falling for online dating

Not all good. Research reveals the industry is growing but negative experiences are still common amongst users

Online dating is shedding its stigma as a refuge for the desperate, but people who use sites such as Match.com and eHarmony are still in the min-

ority. Thirty-eight per cent of Americans who are "single and looking" say they've used an online dating site or mobile app, according to a new study.

The report from the Pew Research Center's Internet and American Life Project suggests that attitudes toward online dating "have progressed in a clearly positive direction." In fact, 59 per cent of Internet users agree that online dating is a good way to meet people.

That's up from 44 per cent in 2005.

As Americans shop, socialize and entertain themselves online, a growing number are turning to the Internet to find dates. Some 11 per cent of people who started a long-term relationship in the past decade say they met their partner online. Even so, only 10 per cent of Americans say they've tried online dating.

Online dating is most popular among men and women ages 25 to 34. Nearly a quarter of them have used online dating sites, compared with just 10 per cent of people in the 18 to 24 age group. For ages 35 to 44, it's 17 per cent and then the numbers fall steeply. Three per cent of those over 65 have dabbled in online dating.

Whites are slightly more likely to use dating sites than other ethnicities — 11 per cent compared with seven per cent for blacks and five per cent of Hispanics, according to the survey. People without a high school diploma were the least likely to use dating sites, while those who have completed "some college" were the most likely.

While a relatively small fraction of people use online



With more people than ever using online dating you will find it easier to meet someone, but remember, the experience may not always smell of roses. iStock

dating sites, forty-two per cent of Americans say they know someone who has, up from 31 in 2005. Among those 65 or older, the number grew to 24 per cent from 13 per cent.

Once upon a time, couples who found each other online felt compelled to spin alternate "how we met" tales, but that's no longer the case. Perhaps it's the result of changing attitudes. In 2005, 29 per cent of Internet users agreed that people on online dating sites were "des-

perate." In Pew's most recent study, that number fell to 21 per cent. But online dating isn't all chocolate hearts and red roses. More than half of online daters say they believe someone else "seriously misrepresented themselves" in an online dating profile. More than a quarter have felt uncomfortable or harassed by someone who contacted them.

The results of Pew's recent study aren't directly comparable to its 2005 report because

the way surveyors count the "online dating population" has changed. There were no dating apps eight years ago. That said, the percentage of Americans who say they have used an online dating website grew from three per cent in 2008 to six per cent in 2009, and nine per cent this year.

The 2013 telephone survey was conducted from April 17 to May 19 among a sample of 2,252 U.S. adults.

THE ASSOCIATED PRESS

TOP SIX @ 6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Justin Timberlake TKO
- 5 Imagine Dragons Radioactive
- 4 Drake Hold On, We're Going Home
- 3 Miley Cyrus Wrecking Ball
- 2 Katy Perry Roar
- 1 Lorde Royals

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Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention



YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally," Rapport notes that small

business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada News-

wire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use \$2,000 to \$4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central



Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK



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MLB

Tigers' Leyland walks away from manager's role

Jim Leyland is stepping down as manager of the Detroit Tigers after eight seasons that included three division titles and two trips to the World Series.

Leyland announced his departure Monday, two days after the Tigers were eliminated from the AL championship series by Boston in six games. He said he planned to remain with the organization in some capacity. **THE ASSOCIATED PRESS**

NBA

Raps rally around Ross to top Knicks

Terrence Ross scored 27 points to lead the Toronto Raptors to a 123-120 double overtime victory over the New York Knicks on Monday in NBA pre-season action.

Former Raptor Andrea Bargnani had 13 points and four rebounds. **THE CANADIAN PRESS**

Aaron Hernandez trial

Judge rejects recusal request

The judge in the Aaron Hernandez murder case has declined to recuse herself, saying she has no bias against prosecutors.

Prosecutors asked Judge Susan Garsh to step aside, alleging she and prosecutor William McCauley have a "history of antagonism" stemming from a 2010 murder trial. **THE ASSOCIATED PRESS**

Adrian Peterson

Man indicted in death of Vikings star's son

A South Dakota man accused in the death of the young son of Minnesota Vikings running back Adrian Peterson has been indicted on second-degree murder and manslaughter charges, prosecutors said Monday.

Joseph Robert Patterson, 27, is expected to be arraigned later this week in the death of two-year-old Tyrese Robert Ruffin, who died two days after being hospitalized with severe head injuries. **THE ASSOCIATED PRESS**



Cole Harbour stars Nathan MacKinnon and Sidney Crosby face off during their first NHL meeting on Monday night in Pittsburgh. MacKinnon's Colorado Avalanche topped Crosby's Penguins 1-0 despite being outshot 34-14 on the night. JUSTIN K. ALLER/GETTY IMAGES

Avs take 1st clash of Cole Harbour's finest

NHL. Crosby does his best but MacKinnon's young Colorado club tops Pittsburgh thanks largely to Giguere

Sidney Crosby left little doubt about who remains the best player from Cole Harbour.

That's fine by Nathan MacKinnon and the Colorado Avalanche. At the moment, they'll settle for one of the best records in the NHL.

Jean-Sebastien Giguere turned aside 34 shots and the surprising Avalanche edged the Penguins 1-0 on Monday night in Pittsburgh to improve to 8-1 on the young season.

"It's a new season, new at-

On Monday

1	0
Avalanche	Penguins

titude," Giguere said. "I would have believed being over .500 (early) but not 8-1."

Believe it.

Gabriel Landeskog scored the game's only goal 5:26 into the second period and Giguere made it stand to post his second shutout in 11 days.

The 36-year-old handled the Boston Bruins on the road on Oct. 10 and might have been even better against the Penguins.

The first professional meeting between MacKinnon and Crosby failed to produce fireworks, not that Crosby didn't try. He pumped a season-high seven shots at Giguere and played more than 26 minutes.

MacKinnon, by comparison, produced two shots in 10:54 of ice time as the Avalanche spent a large portion of the night relying on their penalty killers. Pittsburgh went 0

for 7 on the power play, generating numerous scoring chances but not a goal.

"We did a lot of good things and probably deserved better," Crosby said. "That's how the game works sometimes. Sometimes you don't deserve them and you find a way to win and tonight we deserved better and didn't find a way to win."

MacKinnon spent most of his childhood growing up in Crosby's considerable shadow.

Taken with the draft's top pick nearly a decade after Crosby, MacKinnon has a goal and six assists through his first nine games, a pace not too far off the one Crosby set during his rookie season in 2005-06.

Crosby said before the game he's hardly surprised at how well MacKinnon has fit in but the two brushed aside any talk of a battle for local bragging rights, perhaps because their arrivals into the NHL couldn't be more different.

Unlike Crosby, whose presence almost single-handedly revitalized a sagging franchise, the 18-year-old MacKinnon is not viewed as a saviour, but a piece of what is quickly becoming a compelling puzzle.

THE ASSOCIATED PRESS

Cole Harbour reaction

MacKinnon winning local hearts

You can't buy a Nathan MacKinnon NHL jersey in Cole Harbour.

And as MacKinnon's Avalanche got ready to take on Sidney Crosby's Pittsburgh Penguins, it was clearly the Colorado rookie who is the hottest ticket in town.

"There's no MacKinnon jerseys available in the city," Brian Sheaves, assistant manager at Cleve's sporting goods, said. "You might get one of his junior (Halifax) Moosehead jerseys, but otherwise it's just T-shirts."

So who was Sheaves cheering for?

"If I had to choose, I guess I would go with Colorado and MacKinnon," he said. "I just really like his style of play. Not that there's anything against Crosby." **TORSTAR NEWS SERVICE**



Right-hander Michael Wacha, 22, won the National League championship series MVP trophy after the Cardinals' 9-0 win over the Los Angeles Dodgers in Game 6 on Friday night. ELSA/GETTY IMAGES

No moment too big for young Cardinals yet

MLB playoffs. Stellar St. Louis farm system serves up another World Series team

Everyone in the system knows about The Cardinal Way. Even before opening day this year, St. Louis was hit hard by season-ending injuries to longtime ace Chris Carpenter, closer Jason Motte and shortstop Rafael Furcal. As the summer wore on, the setbacks kept coming.

But the Cardinals kept dipping into the minors for replacements who did more than their share for a team that's back in the World Series for the fourth time in 10 years.

The rookies they plugged in, most by necessity, weren't wide-eyed at all. They remembered the teaching and just let

their ability flow.

"There's definitely nerves that are going on," 22-year-old pitcher Michael Wacha said after beating Dodgers ace Clayton Kershaw twice in the NL championship series. "You've just got to be able to control them and try to use them to your advantage out there."

"Just not let the moment get too big, just take deep breaths."

The Cardinals are in the post-season for the 10th time in 14 years. Fresh off their 19th pennant, they'll go for their second championship in three years when they open the World Series against the Boston Red Sox on Wednesday night at Fenway Park.

Since 1996, only the Yankees have more playoff victories than St. Louis.

The pitching staff is deep, thanks to the farm system.

Shelby Miller had a 3.06

ERA this season and led major league rookies with 15 wins. Yet when the playoffs rolled around, there was no room for him in the rotation.

Wacha is 3-0 with a 0.43 post-season ERA, and fellow rookie Trevor Rosenthal seized the closer's job in September when Edward Mujica faltered. Carlos Martinez stepped into the setup role, Seth Maness induced 16 double-play balls to lead NL relievers, and left-hander Kevin Siegrist posted a 0.45 ERA.

None of them shake off catcher Yadier Molina, himself a product of The Cardinal Way.

"The minor leagues, they're doing a good job teaching them how to pitch, teaching them how to control the emotions," Molina said. "Whenever they move up here, they're ready. Mentally, they're ready from the get-go."

THE ASSOCIATED PRESS

Finding the right mix

Most of the Cardinals' World Series roster is homegrown, a strategy emphasizing scouting and consistency.

- When franchise icon Albert Pujols left following the 2011 title for a \$240 million contract with the Angels, Allen Craig stepped in at first base and blossomed at a fraction of the price.
- When Craig went down with a sprained foot in September, Matt Adams supplied power during the stretch drive. The Cards aren't the only team surrounding a highly paid nucleus with products from the farm system. They're just one of the best at it.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	10	6	3	1	24	24	13
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	7	2	0	31	20	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Monday's results

San Jose 1 Detroit 0 (SO)

Colorado 1 Pittsburgh 0

Calgary at Los Angeles

Sunday's results

Columbus 3 Vancouver 1

Anaheim 6 Dallas 3

Nashville 3 Winnipeg 1

Tuesday's games

All Times Eastern

Anaheim at Toronto, 7 p.m.

Vancouver at NY Islanders, 7 p.m.

New Jersey at Columbus, 7 p.m.

Chicago at Florida, 7:30 p.m.

Edmonton at Montreal, 7:30 p.m.

Washington at Winnipeg, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Nashville at Minnesota, 8 p.m.

Calgary at Phoenix, 10 p.m.

Wednesday's games

Ottawa at Detroit, 7:30 p.m.

Boston at Buffalo, 8 p.m.

Thursday's games

San Jose at Boston, 7 p.m.

Vancouver at New Jersey, 7 p.m.

NY Rangers at Philadelphia, 7 p.m.

Anaheim at Montreal, 7:30 p.m.

Chicago at Tampa Bay, 7:30 p.m.

Carolina at Minnesota, 8 p.m.

Winnipeg at Nashville, 8 p.m.

Calgary at Dallas, 8:30 p.m.

Washington at Edmonton, 9:30 p.m.

Phoenix at Los Angeles, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON

Wednesday's game

St. Louis at Boston 8:07 p.m.

Thursday's game

St. Louis at Boston 8:07 p.m.

Saturday's game

Boston at St. Louis 8:07 p.m.

Sunday, October 27

Boston at St. Louis 8:15 p.m.

Monday, October 28

Boston at St. Louis 8:07 p.m.

Wednesday, October 30

St. Louis at Boston 8:07 p.m.

Thursday, October 31

St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All Times Eastern

Winnipeg at Toronto, 7:30 p.m.

Friday's game

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Monday's results

N.Y. Giants 23 Minnesota 7

Sunday's results

Cincinnati 27 Detroit 24

San Diego 24 Jacksonville 6

Carolina 30 St. Louis 15

Washington 45 Chicago 41

N.Y. Jets 30 New England 27

Buffalo 23 Miami 21

Dallas 17 Philadelphia 3

Atlanta 31 Tampa Bay 23

San Francisco 31 Tennessee 17

Green Bay 31 Cleveland 13

Kansas City 17 Houston 16

Pittsburgh 19 Baltimore 16

Indianapolis 39 Denver 33

MLS

Sunday's results

New York 3 Houston 0

Los Angeles 0 San Jose 0

Wednesday's game

Chivas USA at Real Salt Lake, 9 p.m.

Saturday's games

Kansas City at Philadelphia, 3 p.m.

Montreal at Toronto FC, 4 p.m.

FC Dallas at San Jose, 5:30 p.m.

Portland at Chivas USA, 10:30 p.m.

Sunday, October 27

Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m.

Chicago at New York, 5 p.m.

Colorado at Vancouver, 8 p.m.

Los Angeles at Seattle, 9 p.m.

Horoscopes

♈ Aries

March 21 - April 20

You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

♉ Taurus

April 21 - May 21

You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

♊ Gemini

May 22 - June 21

You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

♋ Cancer

June 22 - July 23

The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

♌ Leo

July 24 - Aug. 23

If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

♍ Virgo

Aug. 24 - Sept. 23

Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

♎ Libra

Sept. 24 - Oct. 23

If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

♏ Scorpio

Oct. 24 - Nov. 22

Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

♐ Sagittarius

Nov. 23 - Dec. 21

It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

♑ Capricorn

Dec. 22 - Jan. 20

You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

♒ Aquarius

Jan. 21 - Feb. 19

The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

♓ Pisces

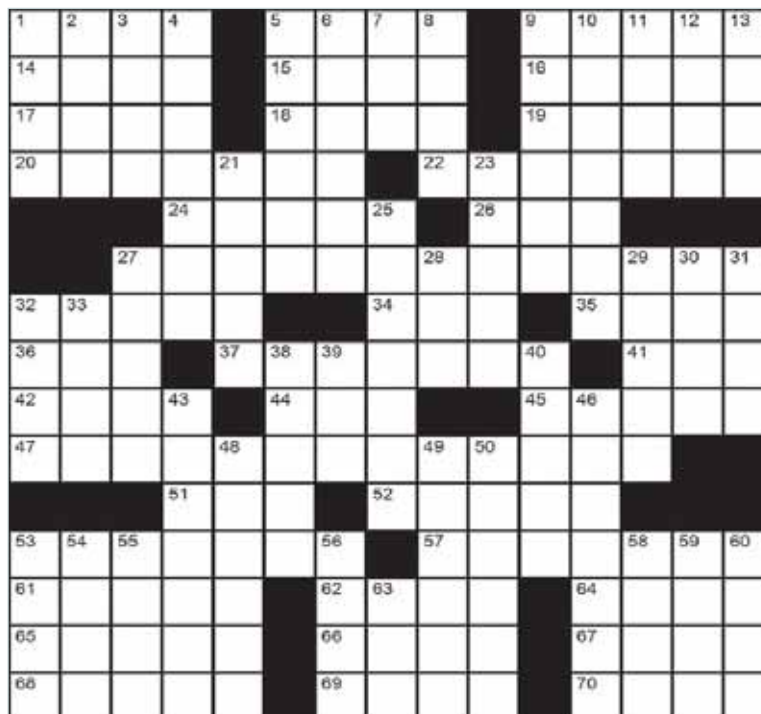
Feb. 20 - March 20

Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Informal food
- Catch ____ ('Get')
- "This isn't ____" (Get real)
- Great Big Sea's "____-Mac"
- Gather
- Frankie Goes to Hollywood hit
- ____-drop
- Owed-money
- Baseball cap wearing filmmaker Michael
- Activated again, as a membership
- Goal-getting athletes
- "____ for Murder" (1954)
- Embrace
- Animated Moun-tie of '60s TV: 2 wds.
- Oprah's produc-tion company
- Fashion designer, Anna ____
- Mischa of "My Man Godfrey" (1936)
- Bear, in Barcelona
- Stays put during the Fall-following season
- Get a nose like Pinocchio
- Graduation cap birds
- Knowledgeable letters
- ____-eyed
- Sudbury-born activist who ignited



- the movement for women's rights in Canada in the 1900s: 2 wds.
51. Mariner's dir.
52. Gulf of ____ Law-rence
53. Quebec, ____ Province
57. "The Queen ____

Show"

61. Fragrance
62. Nero's 1041
64. Canuck political party member
65. London. New York. Paris. ____
66. 'Victor' suffix
67. Home office ac-cessory

68. Insipid

69. Tina Turner's "Bet-ter Be Good ____"
70. Other

Down

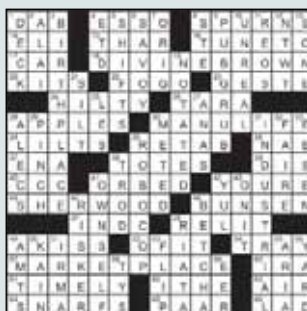
1. Mini military man
2. Arctic ____ (Northern-hopping critter)
3. "So, are you out ____ then?"
4. Used a Bounty paper towel: 2 wds.
5. Trying event
6. "Drop the ____" by Maestro Fresh Wes
7. Keyboard key
8. Selects
9. Knight's outfit, Suit of ____

10. Country duo, Florida ____ Line
11. Jar of cream stuff
12. A.A. Milne book, Chloe ____
13. Past partners
21. Sports ____ (Arm-chair quarterback's spouse)
23. Religious songs group
25. Some seers
27. Whimsically funny
28. Expected
29. Russian forced labour camp
30. ____ to the throne
31. Deuce-ace
32. Blind Melon singer Shannon
33. "Even ____ speak..."
38. "____ Fine" by The Beatles
39. 'Pseudo' suffix
40. ____ driving
43. Canadian brewer since 1834
46. Grant the right to
48. From the shore
49. Canadian actor, ____ Keith Rennie
50. Mediate
53. One of Mary's flock
54. Seed coat
55. Gaucho's weapon
56. Send forth
58. Young horse
59. Sleeves
60. Build-up talk
63. Losing tic-tac-toe line

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	4	3	9	5	1	7	8	2
8	9	7	3	2	4	6	5	1
5	2	1	6	7	8	3	9	4
4	8	9	7	3	5	2	1	6
1	3	2	8	6	9	4	7	5
7	5	6	1	4	2	6	3	9
3	1	8	2	9	6	5	4	7
2	7	4	5	1	3	9	6	8
9	6	5	4	8	7	1	2	3

	2		4		1			9
	9	5				8	6	
8								7
		1	8	3	2	7		
		4	9	1	6	5		
5								9
	8	2				4	5	
	1		6		8		7	

Today



14°/8°
Variable

Wednesday



13°/4°
Cloudy

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